

acid, palmitic acid, stearic acid, trans-catechin, and cis-catechin, is derived from a polar extract of *Erodium* plant tuber.

11. The composition of claim 10, wherein said polar solvent comprises 50-90% (v/v) ethanol.

12. The composition of claim 1, wherein said *Erodium* plant is *Erodium crassifolium* L'Her.

13. The composition of claim 1, being a pharmaceutical composition or a nutraceutical composition.

14. The composition of claim 1, being suitable for topical administration or oral administration.

15. A method for treating a subject afflicted with an inflammatory or a condition associated therewith, comprising administering to said subject a therapeutically effective amount of the composition of claim 1.

16. The method of claim 15, wherein said inflammatory disease comprises an inflammatory skin disease.

17. The method of claim 16, wherein said skin disease is selected from the group consisting of: a cutaneous disease, a dermal disease, a bullous skin disease, *Pemphigus vulgaris*, bullous pemphigoid, *Pemphigus foliaceus*, and any combination thereof.

18. The method of claim 15, wherein said inflammatory disease is induced by irradiation, oxidative stress, or both.

19. The method of claim 15, wherein said treating comprises reducing the expression level, the activity, or both, of interleukin 8 (IL-8), matrix metalloprotease 3 (MMP3), MMP9, or any combination thereof, in said subject.

20. The method of claim 15, wherein said administering comprises: topically administering, orally administering, or both.

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